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BARBARIANS ink. by chuck legge



OTHER NEWS by chuck legge



Celebrating normal

BY O'HARA SHIPE
MANAGING EDITOR

Last Friday, I emerged from Williwaw Social dripping sweat and happier than I've been in a long while. Of course, part of my newfound happiness could be attributed to Magic Giant, who put on one of the best concerts I've ever seen. But the real source of my joy was seeing Downtown buzzing with activity again. Crowds of people flitted between Flattop, the PAC, Williwaw, and Humpty's at a dizzying pace, and all I could think was "finally!" It was the first time in over two years that life felt normal – or at least as close to normal as we can get.

Up until now, I have been content to live a reclusive life, only venturing out of my house for hockey games, rock climbing, and food. But as I crawled around the floor of Williwaw trying to take photos of the concert, I realized how much I missed the things I used to hate. Things like being bumped in a crowd, cat-called from passing cars on 5th avenue, and witnessing new lovers drunkenly making out in the back corner of the bar. Almost without warning, a sense of nostalgia washed over me, and I allowed myself to feel again.

I am carrying that sense of unbridled excitement into this week's paper. I know that we are not out of the woods with Covid, but for now, I am going to relish all those things I took for granted before March 13, 2020. Hopefully, you can use this edition's calendars to inspire you to venture out to find your own version of delightful normalcy.

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Legislature must act to preserve sustainable funding source for scholarships

Ten years ago, Gov. Sean Parnell told legislators it was time to “build a strong fence of moral obligation” around the \$400 million the state had set aside in 2011 as an endowment, with the earnings to be used for scholarships.

Despite continued opposition by Gov. Mike Dunleavy, it's time for the Alaska Legislature to repair the fence.

The moral obligation was that income from the \$400 million account would be designated to pay for post-secondary scholarships for students who did well in high school. Parnell said it was critical to have a long-term source of money that students and their families could depend on.



BY DERMOT COLE

“Let us create a fund for that money so the fund's earnings can pay for these scholarships for future generations,” Parnell said. “Send our students this unmistakable message: If you keep your end of the bargain in the classroom, we will keep our end of the bargain in this chamber.”

The Legislature approved its end of the bargain unanimously in 2012, with supporters saying the “Alaska Higher Education Investment Fund” would be a way to transform education for future generations.

The state sent an unmistakable message.

But the first holes in the fence of moral obligation appeared in 2016 and 2017 when the Senate Finance Committee proposed getting rid of the fund because oil prices had dropped. However, public opposition kept the fund from being wiped out.

The program has been a success in making higher education more accessible to Alaskans and helping thousands become better prepared to deal with an uncertain future. It is one of the success stories of the Parnell administration.

Starting in 2019, Dunleavy began a series of attempts to wipe out the investment fund, efforts that continue to this day.

Three years ago, temporary budget director Donna Arduin claimed “all money is green,” and there was no

point in keeping an endowment to pay scholarships or an endowment for the Power Cost Equalization program.

Getting rid of the endowments was central to the Dunleavy/Arduin budget. They said all programs should compete every year for any available funding.

“We began on Day 1 of the administration. We started with eliminating budget silos, tearing down those silos,” Arduin told legislators on Jan. 23, 2019. One of the silos was the endowment to pay scholarships.

“Removing these funds will contribute to a more transparent annual budget analysis,” Dunleavy said of his 2019 bill to do away with various accounts, including the PCE and the scholarship fund.

The Dunleavy bill never had a hearing.

But Dunleavy and Arduin, working with House Republicans, managed to get rid of the PCE endowment and the higher education endowment for a short while in 2019, though the Legislature managed to bring them back to life.

In 2021, the cycle was repeated, with Dunleavy and House Republicans trying to gain leverage by redirecting the cash away from PCE and scholarships with a procedural move known as the reverse sweep.

A majority of legislators approved funding for the scholarships, but a supermajority was needed and House Republicans. With encouragement from Dunleavy, the funding was stopped because they wanted larger Permanent Fund dividends.

Dunleavy made the policy call to shut down the Power Cost Equalization program for rural Alaska on July 1 and to suspend funding for higher education scholarships and support for Alaskans training to be doctors in the WWAMI program.

On Tuesday, the Alaska Supreme Court rejected a lawsuit and found that the fund was emptied last year by the procedural move taken by House Republicans. The court said the education fund is part of the general fund, and a supermajority vote was needed to keep it as a separate account.

After Dunleavy's court victory, a state attorney claimed that this was not about a policy call by Dunleavy, telling the Anchorage Daily News that the governor was “just following the Constitution.”

Deputy Attorney General Cori Mills, who told that whopper, didn't mention the numerous attempts by Dunleavy to get rid of the endowment. And she didn't mention Dunleavy's refusal to introduce legislation to save the endowment, which is also a policy call.

The court action is timely in the sense that it becomes imperative for the state Senate to take up a measure approved by the House, HB 322, to create a separate account in the state budget for the investment fund, which also supports the WWAMI medical school program.

“The Higher Education Investment fund needs to be protected for Alaska's students, and including this provision in HB 322 will help ensure that in future fiscal years, this fund is not subject to the political whims of any given legislature or administration,” said Rep. Andy Josephson. “It is the responsibility of the Alaska Legislature to guarantee that our existing grant and scholarship programs and WWAMI remain intact.”

That is one way to fix the “strong fence of moral obligation” that Dunleavy has repeatedly sought to tear down.

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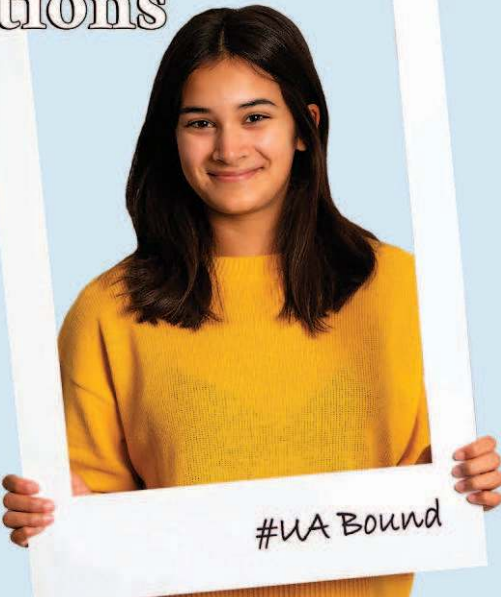


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Wood frogs are once again singing, a springtime delight

On the last Sunday in April, I received a brief but exciting message. “Frogs are singing,” Barbara Carlson notified me.

Barbara and her husband Michael live along the bluffs above Anchorage’s coastal flats and they’d heard frog songs at “several places” in southwest Anchorage. This brief alert was enough to get me out and listening closely for the distinctive yet sometimes misleading voices of the only amphibians to inhabit the Anchorage area, wood frogs.

While many researchers and naturalists liken those songs to a “duck-like quack.” But to my ears, they more closely resemble a hiccupy gulp. Still, I can understand why someone unaware of the frogs’ presence might believe a pond of singing frogs to instead be occupied by mallards.

As recognizable as the primeval calls of sandhill cranes, the honking of geese, or the

cheery whistled songs of robins, once a person learns to identify the songs of wood frogs, they become among the most distinctive sounds of springtime.

On the evening of April 24, the same day I received Barbara’s message, I headed to some wetland pools near Earthquake Park, not far from where I live. Though they were brief and tentative, I did hear the first frog songs of spring, one more reason to celebrate the season. And the animals themselves.

The only amphibian to inhabit most of our state wood frogs’ range extends from the Southeast Panhandle deep into the Arctic. *Lithobates sylvaticus* has evolved a most unusual mechanism to survive the far north’s long, harsh winters: the bodies of wood frogs freeze solid as temperatures drop to 32 degrees Fahrenheit and below.

These amphibian wonders have small, handsome bodies despite males measuring roughly two to three inches long and females measuring slightly larger than males. They range in color from brown or bronze to a bright, coppery orange, speckled with dark spots. A dark band crosses their faces, the species’ so-called eye mask. And beneath that mask, a thin whitish “lip line” runs across their mouths.

Once they’ve thawed in warming temperatures, wood frogs hop to the nearest body of water, where they seek out mating partners. And that’s where the songs come into play: in the build-up to breeding, male frogs engage in grand singing competitions, a kind of courtship ritual, I suppose, intended to impress the females they’re pursuing.

Knowing that at least some of Anchorage’s frogs had begun to announce their seasonal rebirth, I decided to check out a network of ponds within a long stone’s throw of the Coastal Trail. The ponds are located about 3½ miles from Point Woronzof and 2 miles from the Kincaid Chalet. What makes these ponds special, at least to me, is that they are the temporary vernal home of many, many wood frogs.

Besides hosting a large population of frogs, these ponds are usually among our city’s first bodies of water to completely melt in spring. So if you time your visit right, you can hear a grand chorus of amphibian love songs.



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Wood frog in Anchorage pond.

On the afternoon of April 25, I headed down the Coastal Trail with my enthusiastic walking companion, Denali, toward what I’ve come to call the Kincaid Frog Ponds. Before we reached the ponds, I knew we’d hit it right: a chorus of overlapping frog calls reached my ears.

The more frogs that are calling, the more strongly males have to project their voices to be heard by potential mates. So, my ability to hear their voices from a few hundred feet away, with dense thickets separating me from the ponds, suggested an abundance of frogs were already raising their voices in celebration of the sexual activities ahead.

Denali and I hurried down to the nearest pond, where the males were engaged in a loud and riotous songfest. They did go quiet at my dog’s initial splashing approach, but after a short while, the frogs began to sing anew.

I’ll note here that wood frog researchers who track such things have developed a “calling index” to qualitatively measure the relative abundance of singing frogs. That scale goes from 0 (no frogs calling) up to 3, a full chorus in which calls are “constant, continuous and overlapping.”

On this day I’d say the calls were at the top of the charts. But they didn’t quite match the peak of calling that I heard last year at these ponds, which I then rated “off the charts,” the most riotous song-making I’ve ever heard by Anchorage’s frogs.

In both 2019 and 2020, I heard frogs calling toward the upper end of the scale in late April at these ponds. But

in neither of those years had they reached the crescendo that I witnessed last year in early May when the frogs (to quote myself) were “going bonkers.”

The other thing I’ve noticed about wood frogs: at the peak of mating, they throw all caution to the wind. Under normal conditions, wood frogs tend to be secretive, elusive, and easily spooked critters that dive (or hop) for cover at the slightest approaching noise. But on the few occasions that I’ve witnessed them at their orgiastic climax, the frogs have seemed totally oblivious to my presence. Or perhaps they simply didn’t care.

They continued to sing (and in some instances, mate) even when I walked or talked. And none dived for cover. But, of course, amphibians are hardly the only creatures driven to distraction by sex, and there’s good reason for that. Wood frogs are considered “explosive breeders.”

That brings us to another remarkable thing about wood frogs: adults spend only a few weeks of each year immersed in water. Once mating is done, they swim for land and rapidly disperse. They’ll spend the remainder of spring, summer, and fall hopping and feeding in local woodlands, wetlands, and meadows. And then they’ll find a protected place, for instance, huddled beneath a pile of leaves, where they’ll spend the winter in a kind of suspended animation.

Thousands of wood frogs will thus be hopping among us over the next several months, largely unnoticed, in places most people wouldn’t suspect.

In fact, it’s my sense—repeatedly confirmed by conversations with random individuals—that many human residents of Anchorage have no idea that wood frogs share the landscape with us, as we go about our busy lives oblivious to the presence of these small wonders.

Anchorage nature writer and wildlands/wildlife advocate Bill Sherwonit is a widely published essayist and the author of more than a dozen books, including “Living with Wildness: An Alaskan Odyssey” and “Animal Stories: Encounters with Alaska’s Wildlife.” Readers wishing to send comments or questions directly to Bill may do so at akgriz@hotmail.com

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Nathan Shafer's augmented world

Always in a non-descript vest and a t-shirt rooted in graphic novel fandom; Nathan Shafer doesn't attract much attention. That is until you get him talking. Once he is engaged, what ensues is a verbal menagerie the likes of which would make Victor Hugo blush.

"I've always been neurodivergent. People just never really know what to make of me," admits Shafer.

However, it is Shafer's intellectual ferocity that has propelled him into rarefied light. You just have to know where the light switch is to find him.

The son of a military ambassador, Shafer spent much of his childhood living overseas. Because of his father's position, Shafer wasn't allowed to attend ambassador schools but that didn't prevent him from developing a taste for all things international. As a teen, Shafer fell in love with early French sci-fi writers like Alfred Jarry, Remy de Gourmand, and Comte de Lautréamont.

"I was also reading Dada literature for pleasure because that's what I was actually drawn to. It made me strange. I was definitely a weird kid," says Shafer with a shrug.

An artistic and literary movement that emerged in Zürich in 1916, Dadaism was created out of opposition to World War I. At its core, Dadaism was a group of artists banded together to challenge nationalism, rationalism, materialism, and other threatening “isms” through performances, poetry, manifestoes, and other public displays. Although Shafer had never experienced the horrors of war, he connected with the notion that art could be both political and subversive. It was that realization, as well as a healthy dose of skepticism when it comes to “normal,” that shaped Shafer’s artistic career.

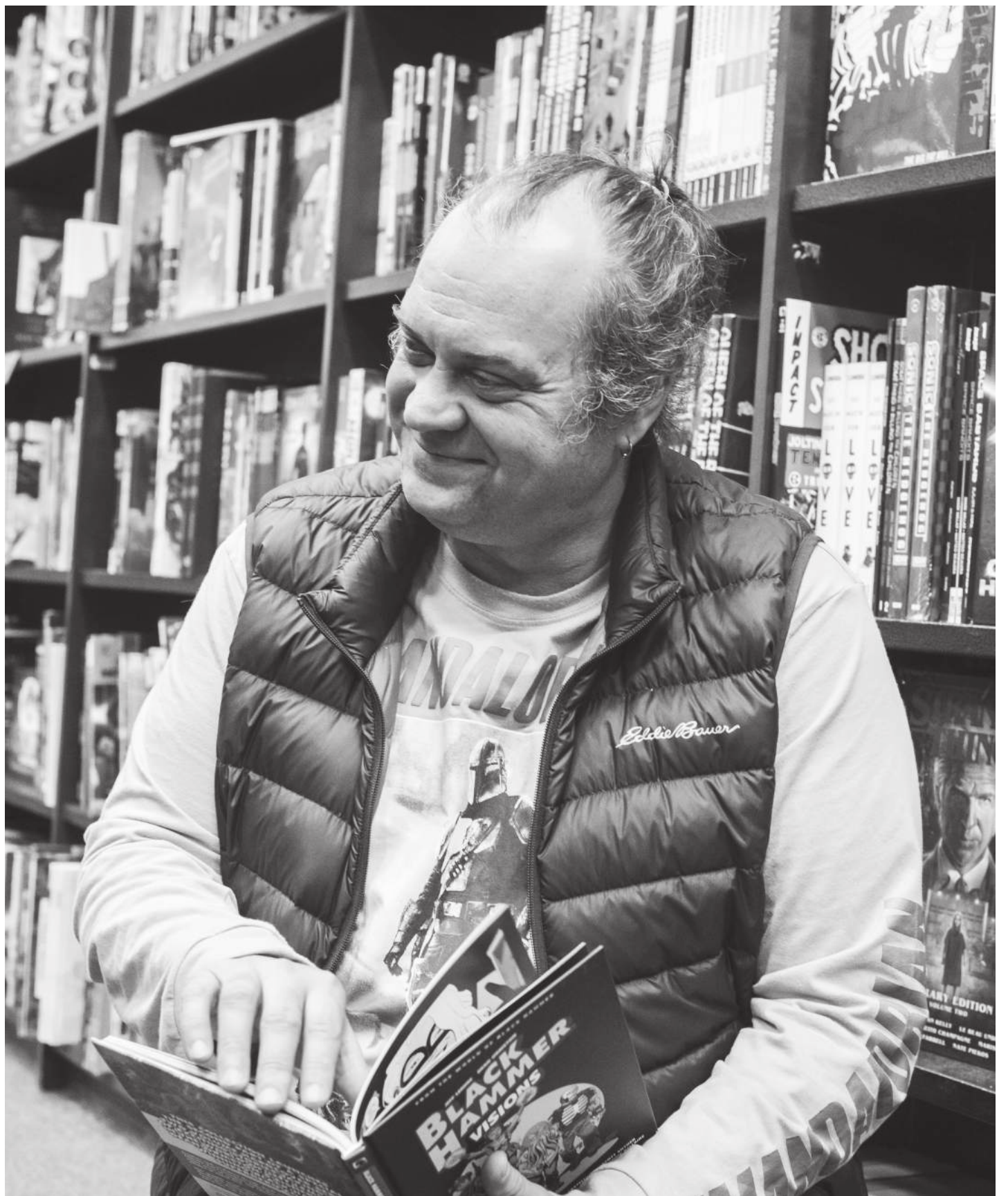
After graduating from Rutgers in 2006 with an MFA in New Media, Shafer and his wife, Joelle hit the road to form their own artist collectives: Meme-Rider Media Team and Manifest. AR. With creative support from a growing international group of conceptual artists, Shafer took his early work to new heights with the help of augmented reality.

"At first, it was pretty small group. I mean, it's basically a conceptual art group that turned into a digital media group. So we're kind of computer nerds and artists at the same time," says Shaffer.

The combination of post-war literary influences, subversive art, and tech know-how, led Shafer to create an immersive comic book called Wintermoot. The comic which spans several generations is a series of interconnected tales of supernatural people from all over Alaska. Through a collaboration with other Alaskan artists, the project brings together over 30 languages and cultures. The augmented graphic novel also comes with a phone app that enables readers to tangibly experience Shafer's world.

Now on its fourth iteration, Wintermoot was awarded a Creative Capital grant in 2020. To put it in perspective, Shafer was one of 41 artists out of 6,000 applicants to receive funding.

“When I got the call from Creative Capital I was making fry bread with my



SHIPE SHOTS PHOTOGRAPHY

Nathan Shafer flips through comic book “Black Hammer Visions” at Barnes and Nobel in Anchorage on May 3, 2022.

[Wendell Middle School] students. I was trying not to cry and I think I said something like, 'I can't talk right now because I am making fry bread with my autistic students.' I think it took a few days to really sink in," explains Shafer.

After years of artistic anonymity the likes of which only Bansky could appreciate, Shafer had finally achieved the recognition he deserved. Ironically, he also applied for a Rasmuson Foundation Individual Artist Grant with the same project and was denied.

"I've always created in the background and people are very skeptical when I tell them about some of the inventions I've developed over the years. I think Alaskan artists always carry a sense of 'there are better artists outside of the state' around with them. But I feel that the reason I won a Creative Capital grant was because I let go of that idea. To truly be successful, you have to shed the jealousy and desire for notoriety. I mean, it's still nice to be recognized but that isn't what makes a real difference in your career. It's how you pay it forward," says Shafer.

You can find Wintermoot and many of Shafer's other projects on his website at nshafer.com.

Backstories is part of a by-weekly column telling the stories of Alaskans in 750 words or less.

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Open and Shut

Straight guy here in a one-sided open relationship. My wife and I opened our relationship just for her and to females only, so she could explore her bisexual side. I'm super proud of her for coming out and wanted her to feel fulfilled. When we agreed to this, I was naive and figured anything she experienced would be purely sexual and nothing more. She recently caught feelings and now has



SAVAGE LOVE BY DAN SAVAGE

a girlfriend. She stays at her girlfriend's place one to two nights a week. I get jealous and sick to my stomach when she is over there. She has that "new relationship energy" going and talks about her girlfriend all the time. Aside from the jealousy, I feel like I am not a priority. I'm hoping my feelings get better with time. Besides this, our marriage is great. I love my wife very much and want to support her in this. Are one-sided open relationships something that can work? Are my feelings unjustified and what can I do to better deal with them? The logic used when we talked about a one-sided open relationship was that I can't satisfy the female side she desires. But since I'm hetero, I don't have an "unfulfilled" side.

—Home Alone

Your wife isn't the first person to come out as bisexual after making a monogamous commitment to an opposite-sex partner and then ask for permission to sleep with other people—without wanting to extend the same permission to their straight spouse. Since she's bi and can't get pussy at home, the reasoning goes, she should be allowed to get pussy elsewhere. Since you're straight and can get pussy at home (when that pussy is at home), you're not entitled to the same allowance. But as your wife is demonstrating, HA, it's not just pussy she's getting elsewhere. While she's getting one very specific need met outside your relationship—admittedly a need you can't meet—she's getting a lot more than that. In addition to pussy, she's getting variety, adventure, unique experiences, new relationship energy, and two overnights a week. Why shouldn't you have some of that too? Not to even the score, but to feel like you're an equal partner in this marriage and, as such, entitled to

equal terms, equal treatment, and equal benefits.

And it doesn't sound like you two were on the same page when it came to what opening your relationship entailed. You seem to have assumed—or figured—that your wife would be seeking sex elsewhere, sex and only sex, but your wife “caught feelings” and now she has a girlfriend. Agreeing to a one-sided open relationship is not the same thing as agreeing to one-sided polyamory. If you didn't agree to that, HA, your wife had no right to expect that from you or impose that on you.

That said, one-sided open relationships can be great, HA, but they work best when the person who isn't seeking sex outside the relationship either isn't interested in having sex with other people or is turned on by the erotic power imbalance of being forbidden something their spouse is allowed—basically, this could work if you were a cuckold. Which you're not.

I'm a straight man who has been married to a wonderful woman for 35 years. I'm the only person she has ever been with. Over the years she has evolved into a wonderful giving partner open to things that turn me on. I take pride in being able to give her multiple orgasms although she only wants to do this about once per month. She has been happy to give me pleasure multiple times per month even, but she talks of it like it's a chore (“wifely duties”) and is always asking me why I want it so much. I tell her it is more normal for men to want it more, and I wish she would want it more as well! I have used porn to get off since my teens. She accepts this because it means fewer chores for her, but she doesn't like it. Recently I started using my phone to take videos of her performing oral on me as I enjoy watching this and it cuts down on the porn. She checked my phone and was upset at what she saw. I told her I was sorry, but she says I should've asked for permission. I told her I would have asked for permission, but I knew the answer would be no! She said of course it would be no and she called it sick and gross! I tried to explain again that it is quite normal behavior for most men to want to watch and it is for my eyes only! As I said, she has evolved, as early in the marriage she would have never done some of things she has learned to do while pleasuring me! Long story short, any words of advice on this sexy-for-me, not-so-much-for-her activity.

—Sincerely Appreciate Your Advice, Sweet Savage

It's not okay to take photos or videos of someone performing a sex act without their consent, SAYASS, even if that someone happens to be your wife. Even if that someone happens to have a lower libido than you do, even if that someone would rather you not look at porn, even if that someone enjoys most of the things you want them to do—not only isn't it okay, SAYASS, it's a crime. It's not normal behavior, it's asshole behavior—and, again,

in most places it's literally criminal behavior. So your wife has every right to be upset. You violated her and did so knowingly; you say you didn't ask for permission to make those videos because you knew she would say no. Dude. If your wife had been writing me, SAYASS, I would advise her to get a lawyer and divorce you.

We hear so much about the all-important commitment to monogamy in marriage. What about the less emphasized but clearly important commitment to a healthy sex life? I'm a straight man. I've been married for about 20 years. I've never cheated on my wife, although I've come close in recent years. My wife and I had a healthy sex life for the first 10 years. For the last 10 years, we haven't had sex at all. We are both in our late 40s, athletic and attractive, and neither of us has any overwhelming physical or mental problems. My wife is just so engrossed in her work and personal identity that she has stopped caring about sex. It's all well and good to say, “You need to talk about this with her,” but I know from years of experience that would be futile. She refuses to discuss it. And she has made it clear that if I were to do anything outside the marriage, it would amount to an unforgiveable betrayal. I vacillate between acceptance, frustration, bitterness, and deep anger. Yes, I signed on for monogamy. But what did she sign on for? Can a woman or man in a monogamous marriage unilaterally cut off sex for no reason and still expect or demand monogamy, as my wife does? What do I owe her? And what does she owe me? Despite this issue, we are good partners, good friends, and good parents to our two teenage children. Protecting them from the trauma of divorce, and not hurting my wife—these are the reasons I stay in the marriage. But it doesn't feel right or fair that I have to be monogamous, that I will never experience physical intimacy again, not so much as a kiss or a touch, for the rest of my life, because my wife decided she is finished with that part of her life. What do other people think?

—Saddened Over Love's Omissions

People in the comment threads at savage.love have been taking me to task recently for being too quick to give my blessing to cheating... so, instead of answering this one myself, I'm going to open it to the commenters: What do you guys think SOLO should do? Personally, I don't think a person can insist on monogamy while refusing to meet their partner's reasonable sexual needs. (Well, a person can insist on it, but they shouldn't expect it.) Please don't tell SOLO to talk with his wife. He's tried talking about it—he's tried again and again for 10 years—and his wife refuses to discuss it. So, gang, what should he do? Should he do the “right thing” and get a divorce? Or should he do what he needs to do to stay married and stay sane? I'll see you in the comments thread.

questions@savagelove.net

When We Discover Who We Are, We'll Be Free

ARIES (March 21-April 19)

Poet Jennifer Willoughby writes, “I am so busy. I am practicing my new hobby of watching me become someone else. There is so much violence in reconstruction. Every minute is grisly, but I have to participate. I am building what I cannot break.” I wouldn't describe your own reconstruction process during recent months as



BY FREE WILL ASTROLOGY BY ROB BREZSNY

“violent” or “grisly,” Aries, but it has been strenuous and demanding. The good news is that you have mostly completed the most demanding work. Soon the process will become more fun. Congratulations on creating an unbreakable new version of yourself!

TAURUS (April 20-May 20)

Rapper and entrepreneur Jay-Z tells us, “Don't ever go with the flow. Instead, bethe flow.” Here's what I think he means: If we go with the flow,

we adjust and accommodate ourselves to a force that is not necessarily aligned with our personal inclinations and needs. To go with the flow implies we are surrendering our autonomy. To claim our full sovereignty, on the other hand, we are wise to bethe flow. We should create our own flow, which is just right for our unique inclinations and needs. I think this is the right approach for you right now, Taurus. Be the flow.

GEMINI (May 21-June 20)

The Italian language used to be a dialect spoken in Tuscany. That area comprises less than eight percent of the country's territory. How did such a

dramatic evolution happen? Why did a local dialect supersede other dialects like Piedmontese, Neapolitan, Sicilian, and others? In part, it was because three potent 14th-century writers wrote in the Tuscan dialect: Dante Alighieri, Francesco Petrarca, and Giovanni Boccaccio. Another reason: Because Tuscany is centrally located in Italy, its dialect was less influenced by languages in France and other nearby countries. I offer this as a metaphor for you in the coming months. One of your personal talents, affiliations, or inclinations could become more influential and widespread—and have more authority in your life.

CANCERIAN (June 21-July 22)

“Always strive to be more interested than interesting,” said actor and activist Jane Fonda. That may not be easy for you to accomplish in the near future, dear Cancerian. Your curiosity will be at peak levels, but you may also be extra compelling and captivating. So I'll amend Fonda's advice: Give yourself permission to be both as interested and as interesting as you can imagine. Entertain the world with your lively personality as you go in quest of new information, fresh perceptions, and unprecedented experiences.

LEO (July 23-August 22)

“When in doubt, act like God,” proclaimed Leo singer-songwriter Madonna. I wouldn't usually endorse that advice. But I'll make an exception for you Leos during the next three weeks. Due to a divine configuration of astrological omens, you are authorized to ascend to new heights of sovereignty and self-possession—even to the point of doing a vivid God impersonation. For best results, don't choose an angry, jealous, tyrannical deity to be your role model. Pattern yourself after a sweeter, funnier, more intimate type of celestial being.

VIRGO (August 23-September 22)

My Virgo friend Amanda told me she felt tight and overwrought. She was overthinking and on the verge of a meltdown. With a rueful sigh, she added, “I adore anything that helps me decompress, unwind, simmer down, stop worrying, lighten up, compose myself, and mellow out.” So I invited her to take deep breaths, close her eyes, and visualize herself immersed in blue-green light. Then I asked her to name influences she loved: people, animals, natural places, music, books, films, art, and physical movements that made her feel happy to be alive. She came up with eight different sources of bliss, and together we meditated on them. Half an hour later, she was as relaxed as she had been in months. I recommend you try a comparable exercise every day for the next 14 days. Be proactive about cultivating tranquil delight.

LIBRA (September 23-October 22)

Author Anne Lamott is renowned for her tender approach to expressing her struggles with addiction, depression, and other tribulations. One of her supreme tests was being a single mother who raised her son Sam. In this effort, she was her usual plucky self. Anytime she hosted playdates with Sam's young friends at her home, she called on the help of crayons and paint and pens and clay and scissors. “When we did art with the kids, the demons would lie down,” she testified. I recommend a comparable strategy for you in the coming days, Libra. You will have extra power as you tame, calm, or transform your demons. Making art could be effective, as well as any task that spurs your creativity and imagination.

Astrology, contined on page A16

The Grand Reopening Tour

Postmodern Jukebox returns to Anchorage May 7

BY MATT HOPPER

The incredible Talking Heads song “This Must Be the Place (Naïve Melody)” has been covered many times across innumerable genres. But it was Scott Bradley’s Postmodern Jukebox (PMJ) version that piqued my interest and had me searching for answers. Who in the hell was this singer, who was this band, and why am I completely transfixed?

The sultry, swingin’ Tin Pan Alley vibes of Postmodern Jukebox is the brainchild of 40-year-old producer, arranger, and musician, Scott Bradley, who formed the group in 2011. However, Bradley’s creation has grown to include a large collective of singers and musicians over the past decade. In fact, there are so many artists involved, that PMJ can simultaneously run tours in America and Europe.

“PMJ is a bit of a rotating musical collective — with Scott being the visionary creating the videos, but no longer going on the road with the act so he can continue to create,” noted the group’s publicist Mathew Barletta. “PMJ is really about the performance itself rather than the individual performers. [Bradley’s] arrangements really allow the musicians involved to shine whether or not he’s onstage himself,” added Mitchell Hansen, the communications director of the Anchorage Concert Association.

As a musician, I usually don’t get into cover bands, but good songs are good songs, and PMJ has created a body of work of songs you already love that could probably fill an entire saloon-style jukebox at this point. And I’m not the only one

clamoring for more. Millions of people have tuned in to listen to the group or watch them online because they have a winning formula — picking amazing songs and juxtaposing them with a classic genre. Sometimes it’s a sultry jazz rendition of Radiohead’s “Creep.” Other times it’s a vintage New Orleans dirge of the White Stripes’ iconic “Seven Nation Army.”

Covers are nothing new, but Bradley’s spin on the genre is a stroke of genius that began at an early age.

Bradley first fell in love with music when he heard George Gershwin’s “Rhapsody In Blue” at age 12. Captivated, he bought the sheet music and learned how to play the entire album. His love for jazz continued through high school and into the Jazz Studies program at the University of Hartford. From there, he took the path traveled by many musicians — he became a “starving artist” in New York. In a large city, Bradley struggled to make a name for himself.

Looking for inspiration, Bradley began reworking popular music as a creative exercise. He quickly found that sharing the songs via YouTube often reached more of an audience than his live gigs. So when English author Neil Gaiman retweeted one of his videos, he found himself in front of more eyes and ears than all of his past gigs combined, and a career was born.

Now at the height of success, Bradley has pulled a Brian Wilson opting to focus on arrangements, finding and producing singers in the recording studio, and putting together elaborate, beautifully cinematic videos you can view on their YouTube channel. Meanwhile, a rotating cast of singers and musicians take the live show on the road. The quality of the shows is so consistent that promoters don’t even announce the lineup in advance. So, their May 7 performance at the Atwood Concert Hall will be a well-hidden surprise.

“It’s always billed as a collective of rotating musicians, so we aren’t given info on who will be there,” noted Hansen.



ANDREW WALLNER

“Postmodern Jukebox is really about the performance itself rather than the individual performers. Regardless of who the performers are, it’s guaranteed to be a phenomenal show.”

Postmodern Jukebox is presented in conjunction with the Anchorage Concert Association. The performance is Saturday, May 7 at 7:30pm. Tickets start at \$36 and are available at CenterTix.com.

AN EVENING WITH

DAVID SEDARIS

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ANCHORAGE CONCERT ASSOCIATION



Get direct links to the event details at AKconcerts.com
Or read below if you just want to know the time & place.

Thursday, May 5th

907 Alehouse – Nothin’ But Trouble 6p-10p
The Alaskan Hotel & Bar (Juneau) – Front to Franklin
Open Mic Night 9p-1a
The Carousel Lounge – Cinco de Mayo Karaoke and
Malone’s Birthday 10p-2a
The Crystal Saloon (Juneau) – Front to Franklin Open
Mic Night 9p-1a
Fishhook Bar (Palmer) – Dusty Green Bones Band
6p-9p
Flattop Pizza & Pool – Jukebox Karaoke Roadshow
8p-11p
Garcia’s Cantina & Café (Eagle River) – I Like Robots
Cinco De Mayo 8p-11p
Klondike Mike’s & the Main Street Grill (Palmer) –
Open Mic Night 8p-12a
The Marlin (Fairbanks) – Karaoke with Kellie B.! 10p-
2a
Señor Panchos (Soldotna) – Cinco De Mayo Party w/
Hot Mess 6p-10p
Taco Cancun (Wasilla) – Glacier Hoppers 5p-9p
Tailgater’s Sport’s Bar & Grill (Wasilla) - The AKoustic
Project 7p=10p
Van’s Dive Bar – Dead Night w/The Lightning Will
9p-12a

Friday, May 6th

Alaska Center for the Performing Arts – Alaska Dance
Theatre’s Showcase: A Day at the Fair 6p-8:20p
American Legion Post 15 (Palmer) – Friday Night Feast
w/ 100 Proof Karaoke 5:30p-9p
American Legion Spenard Post 28 – Acoustic Steak Night
with Stephen Hendricks! 9p-12a
Anchorage Museum – First Friday Film & Music: Refuge
Alaska Film Debut & Musical Composer Talk 6:15p-8p
Broken Blender – Nothin But Karma 8p-12a
The Carousel Lounge - Hand me Downs live 10p-2a
The Crystal Saloon (Juneau) – Friday Dance Night
8p-11p
Cyrano’s Theatre – The Mommy Dance 7p-9p
Dave & Busters – Jukebox Karaoke Roadshow 9p-12a
Everett’s (Wasilla) – Comedy Show w/ Chris Franjola
7p-9p
Fairview Inn (Talkeetna) – Dusty Green Bones Band
7p-1a
Faith Lutheran Church (Juneau) – Mostly Mozart &
Friends 7p-9p
Floaters (Big Lake) – Open Mic Night 7p-12a
The Fraternal Order of Eagles Aerie 4207 – Karaoke Fri-
day at the Eagles! 7p-12a
The Gaslight Bar – Jukebox Karaoke Roadshow 8p-11p
Hering Auditorium (Fairbanks) – Scott Bradlee’s Post-
modern Jukebox 7:30p-9:30p
Humpys – Glacier Hoppers 9p-1a
Klondike Mike’s & the Main-Street Grill (Palmer) – The
Vintage Retro 10p-2a
Koot’s – Tony Taylor The Artist: Snow or Shine Tour
10p-3a



Koot’s – The Stack Live 10p-3a
O’Malley’s on the Green – Silver Train 6:30p-9:30p
Organic Oasis – John Damberg Jazz Piano Fridays
5:30p-7:30p
Palmer Alehouse (Palmer) – The Ken Peltier Band
7p-10p
PubHouse – Witty Youngman 7p-10p
Serrano’s Mexican Grill – DJ The Guestlist 8p-11p
Studio C – First Friday After Hours w/ Ed Washington &
Kala Jenkins 7p-10p
Williwaw Social – Big Head Todd and the Monsters
7p-10p
Williwaw Social – Throw Tha Dough w/ DJ GRE & Joe
Brady 10p-2a
Yukon Bar (Seward) – Zen Trembles 9p-12a



Saturday, May 7th

4 Royle Parkers Bar (Soldotna) - Tony Taylor The Artist:
Snow or Shine Tour 10p-3a
49th State Brewery – Spring Performance Social 12p-
2p
Alaska Center for the Performing Arts – Alaska Dance
Theatre’s Showcase: A Day at the Fair 5p-7:20p
Alaska Center for the Performing Arts – Postmodern
Jukebox 7:30p-9:30p
American Legion Post 15 (Palmer) – Fun and Food w/
100 Proof Karaoke 6p-11p
American Legion Spenard Post 28 – Saturday Night
Karaoke! 9p-12a
Anchorage Moose Lodge – Tyrone & Friends 8p-12a
Broken Blender – Sassy Saturdays Live Cabaret
8p-9:30p
The Carousel Lounge – Todd Grebe & Cold Country
10p-2a
Carpenter’s Hall – Mother’s Day Dance 7p-11p
The Crystal Saloon (Juneau) – Royal Wedding Band
8p-11p
Cyrano’s Theatre – The Mommy Dance 7p-9p
DanceWorks Studios (Fairbanks) – 2022 Spring Recital
5:30p-7:30p
Fairview Inn (Talkeetna) – Dusty Green Bones Band
7p-1a
The Gaslight Bar – Jukebox Karaoke Roadshow 8p-11p
House of Harley – Bike Blessing w/ Arctic Outlaws
1p-4p
Klondike Mike’s & the Main-Street Grill (Palmer) – The
Vintage Retro 10p-2a
Koot’s – Comedian Chris Franjola 7p-9p & 9:30p-11p
Koot’s – Viva Spenard 9 8p-1:30a
Koot’s – The Stack Live 10p-3a
Palmer Alehouse (Palmer) – Blackwater Railroad Com-
pany 7p-10p
The Roundup Steakhouse (Fairbanks) – Latin Dance
Night w/ DJ ATM 9p-1p
Schwabenhof (Wasilla) - Cold Fusion Live 7p-12a
Serrano’s Mexican Grill – Childish Tycoon 8p-11p
Van’s Dive Bar – Saucy Yoda, Greenhouse, & Myra
Mains 9p-1a
Wendy Williamson Auditorium – Celebrate Tap! w/ The
Tap Studio 7p-9p
Williwaw Social – Pop vs. Rock Dance Party w/ DJ GRE
10:30p-2a
Yukon Bar (Seward) – The Unknowns 9p-12a

Sunday, May 8th

Anchorage – Mother’s Day Anchorage House concert w/
DGBB 1p-5p
Anchorage Lutheran – ALC Concert w/ Anchorage Bowl
Chamber Orchestra 4:30p
Broken Blender – Mothers Day Burlesque Brunch
11:30a-1p
The Carousel Lounge – AK Rockstar Karaoke Sunday
8p-2a
Cyrano’s Theatre – The Mommy Dance 3p-5p
Humpys - Open Mic Jam 8p-11p
Koot’s – Comedy Open Mic 8:30p-10p
The Marlin (Fairbanks) – Sunday Night Karaoke! 6p-12a
Van’s Dive Bar – Open Mic! Overlorded by Wash Your
Hands 8p-12a
Williwaw Social – FOOD FOR THE SOUL.. Mother’s
Day Edition!! 9p-2a



Monday, May 9th

Anaya Latin Dance – Beginner Salsa 6p-8p
Juneau Jazz & Classics (Juneau) – Spring Music Festival
Koot’s – The Monday Mic at Koots 9p-12a
Van’s Dive Bar – Comedy Open Mic 8:30p-9:30p
Van’s Dive Bar – Mull Over Mondays w/ Ellie Kenealy
9:30p-12a
Yukon Bar (Seward) – Open Jam w/ Ben Sayers 8:30p-
12a

Tuesday, May 10th

American Legion Spenard Post 28 – Taco Tuesday Open
Mic w/ Rousted By Bulls! 6:30p-9:30p
The Carousel Lounge – AK Rockstar Karaoke 8p-2a
Egan Lecture Hall (Juneau) – Workshop: The Art of
Ensemble Playing 7p-8:30p
Juneau Jazz & Classics (Juneau) – Spring Music Festival
Klondike Mike’s & the Main Stret Grill (Palmer) – Open
Mic 7p-10p
Koot’s – The Eternal Cowboys 10p-12a
Organic Oasis – Turnagain Blue 5:30p-7:30p
Trophy Lounge – Jukebox Karaoke Roadshow 9p-1a
Van’s Dive Bar – Open Jam with Spenard Husband 9p-12a

Wednesday May 4th

907 Alehouse – Tyrone Palmer & Friends 7p-10p
The Carousel Lounge – AK Rockstar Karaoke 8p-11p
Eddie’s Sports Bar – Jukebox Karaoke Roadshow
9p-12a
Koot’s – Comedy Open Mic 8:30p-10p
Pioneer Bar – The Eternal Cowboys 10p-12a
PubHouse – Witty Youngman 7p-10p
Schwabenhof (Wasilla) - Open Mic 7p-12a
Van’s Dive Bar – The Wax Poetic w/ Nikki Now! 7p-9p
Van’s Dive Bar – Karaoke w/ The Milkman and/or The
Dairy Queen! 9p-12a

PRESSING EVENTS

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Fri 5/06

Featured



The Mommy Dance

@ 7pm / \$30

Ah Motherhood! With the birth of a new baby, one new mother discovers all the ways her life has changed. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org



Lex The Siren: Tony Taylor the Artist's Snow or Shine Tour
@ 9pm

Chilkoot Charlie's, 2435 Spenard Rd, Anchorage

Sat 5/07

Amblin' for Alzheimer's

@ 9am / \$25

Amblin' for Alzheimer's is a friendly, non-competitive fundraising walk for all ages. All funds raised for Amblin' for Alzheimer's stay in Alaska and support the organization's programs and services. Anchorage Golf Course, 3651 O'Malley Road, Anchorage. JProefrock@alaska.org, 907-561-3313

Anchorage Farmers Market

@ 9am

Farmers Market, outdoor, Saturdays May 7 - October 15 1420 Cordova St, 1420 Cordova Street, Anchorage. info@anchoragefarmersmarket.org, 907-277-1622

Featured



Gathering & Bike Blessing

@ 10am

We kick off each riding season with the Gathering at the Bike Blessing event at the in Anchorage. This year the event will be held on the south side of the Dimond Mall. Dimond Center, 800 East Dimond Boulevard, Anchorage. blessing@abateofalaska.com



Arctic Outlaws @ House of Harley

@ 1pm

House of Harley-Davidson, 4334 Spenard Rd, Anchorage

Sassy Saturdays Cabaret

@ 8pm / \$20

Come see why we have been voted Best Burlesque Show 3 years in a row! Sweet Cheeks Cabaret at The Cheeky Room, 535 West 3rd Avenue, Anchorage. sweetcheekscabaret@gmail.com

Featured



Big Head Todd and the Monsters at Williwaw Social

@ 7pm

Williwaw Social, 609 F St, Anchorage



Featured



Comedian Chris Franjola

@ 9:30pm / \$20

Koot's, 2435 Spenard Rd, Anchorage



Sun 5/08

The Mommy Dance

@ 3pm / \$30

Ah Motherhood! With the birth of a new baby, one new mother discovers all the ways her life has changed. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Thu 5/12

Featured



Comedian Jay Hollingsworth (Big Irish Jay)

@ 8pm / \$20

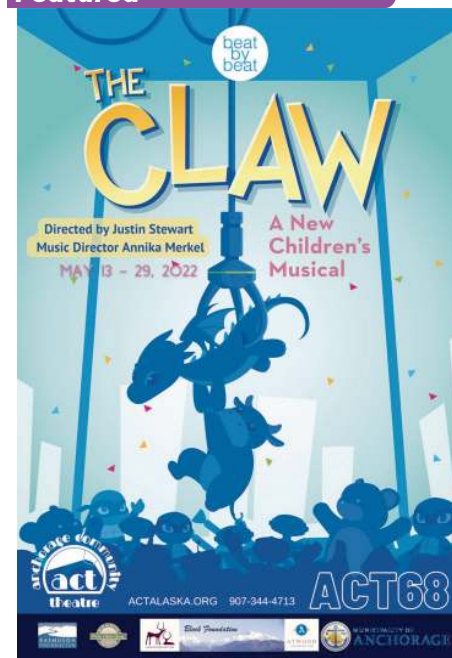
Koot's, 2435 Spenard Rd, Anchorage



For event details and even more listings visit us online!

Fri 5/13

Featured



The Claw

@ 7pm / \$20

May 13th - May 29th
MAY 13 - 29 THURSDAYS, FRIDAYS, AND SATURDAYS AT 7:00 PM SUNDAYS AT 3:00 PM Anchorage Community Theatre, 1133 East 70th Avenue, Anchorage. matt@actalaska.org, 907-344-4713



United for Ukraine - Benefit Concert

@ 7pm / \$5

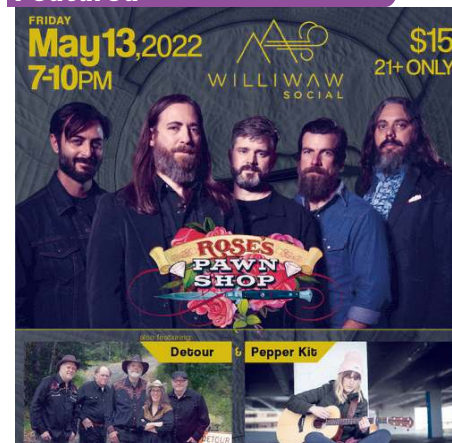
Pipeline Vocal Project & Amplify Alaska are partnering to raise funds for United Way Worldwide's United for Ukraine fund. Christ Community Church Alaska, 2222 West 100th Avenue, Anchorage. pipelinevocalproject@gmail.com, 907-575-3614

Rose's Pawn Shop: Anchorage Folk Festival 2022

@ 7pm

Cuddy Family Midtown Park, 201 E 40th Ave, Anchorage

Featured



Anchorage Folk Festival 33rd Annual Festival Fundraiser

@ 7:30pm / \$15

Williwaw, 609 F Street, Anchorage



Friday the 13th: A Slasher's Paradise

@ 8pm / \$20

Come see why we have been voted Best Burlesque Show 3 years in a row! Sweet Cheeks Cabaret at The Cheeky Room, 535 West 3rd Avenue, Anchorage. sweetcheekscabaret@gmail.com

Sat 5/14

2021 Best of Alaska Showcase on May 14, 2022

@ 12pm

600 W 7th Ave, Anchorage, AK 99501, USA, Anchorage

Featured



Anchorage Folk Festival Spring Celebration!

@ 12pm

Cuddy Family Midtown Park, 201 East 40th Avenue, Anchorage



Featured



The Piano Guys

@ 2pm

Atwood Concert Hall, 621 W. 6th Ave., Anchorage



Anchorage Civic Orchestra - Season Finale

@ 7:30pm / \$23.50

Anchorage Civic Orchestra - Season Finale Alaska Center for the Performing Arts, 621 West 6th Avenue Suite ACPA, Anchorage. info@anchoragecivicorchestra.org

Comedian Jay Hollingsworth (Big Irish Jay)

@ 9:30pm / \$20

Koot's, 2435 Spenard Rd, Anchorage

Sun 5/15

The Mommy Dance

@ 3pm / \$30

Ah Motherhood! With the birth of a new baby, one new mother discovers all the ways her life has changed. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Featured



David Sedaris

@ 7:30pm

Atwood Concert Hall, 621 W 6th Ave, Anchorage



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May 5 - May 11, 2022

PRESS A9

#DadStuff

Emo for Alaskans

BY JOE SLOWINSK
WITH PHOTOS BY SHIPE SHOTS

Before weekly band practice, Columbia-native Enzo Montana gets in a few flip kicks on his skateboard in his remodeled garage. The garage is immaculate despite being the designated practice space for emo rockers Rival Dads. On the wall, posters of Montana's other bands hang neatly next to a carefully created gallery of images of rock legends like Ozzy Osbourne. Behind the drum kit is a large flatscreen tv. The left wall features a workstation, while the right is adorned with neatly stacked amps. Although incongruous with Montana's musical alter ego, the space is everything you would expect to find in an expertly designed man cave. The entire space screams, "I'm a cool dad!" In truth, it's the perfect representation of the Rival Dads - whose members are both dedicated fathers and local rockstars.

Self-described as "sad dads singing sad songs," the Rival Dads thrive on playing the songs that made you feel heard as a misunderstood teenager. "We're not sure this is the best description of us. It just sounded funny when we created our Instagram page," explains bassist Andy Ball. "We aren't sad dads, though. It's actually more so the opposite as we have a lot of fun, on and off stage."

Part of the synergy that makes Rival Dads work is the extensive playing experience each member brings to the band. Between the Ball, Montana, singer Mikey Kehr, and drummer Dustin Murr, they have played in well over 8 bands, including: Go Home Freshmen, Thera, City In Ashes, Decepticide, Ships Without Harbor, RunLikeHell, Sky Is Falling, and Shurmen Steadfast.

Musically, their influences are as varied as the other bands they play in. "We are into hardcore and metal. Lots and lots of metal, actually. But I'm also a big fan of Switchfoot," says Ball.

But Rival Dads' ascent to becoming household names in Anchorage wasn't easy. "We were writing original songs, but there was no bass player, no band name, and with no end in sight for Covid, the project was shelved by the fall of 2020," explains Ball.

However, just like emo music's unwillingness to quit, the Rival Dads weren't going to let a pandemic stop them. So, in April 2021, Murr approached friend and talented guitarist Montana with a proposition with a challenge to join the band as a bass player.

"Enzo [Montana] is one of the best guitar players around, and he was looking for a new challenge and ready to give bass a try," says Ball. "We were ready to do whatever it took to be on a stage after seeing the Foo Fighters, Billy Idol, and Dashboard Confessional live."

On January 20, 2022, Ball and the Rival Dads took to the stage for the first time as a band. The show was filled with a healthy mix of covers and originals that delighted the humble crowd.

"It was good to feel nervous again," recalls Montana. "I'm so used to the group of guys in my metal band that it was a little nerve-racking going up on stage for the first time with these guys and playing a completely different instrument."

If Montana was nervous, he never showed it. Then again, one of Montana's identifying characteristics is his stone-cold stare.

"It felt good, and it confirmed that we were on the right track with the songs," adds Ball.

The band has recorded a few tracks, but they don't have a planned album release at this time. With fatherly responsibilities at home, the band is also not ready to tour outside of Anchorage just yet.

"We have talked about touring in a 'wouldn't that be fun' kind of way, but not in a serious way," explains Ball. "Ultimately, we are dads with careers and responsibilities."

"And, who is gonna mow my lawn while I'm gone?" adds Montana with a chuckle.

Although you won't catch the Rival Dads selling out stadiums any time soon, they are content with where they're at.

"It's an outlet that gives me a chance to share a gift with people I care about," says Murr. "The dream of 'making it' may be dead, but I think that really makes everything more special because we're not chasing fame. We're playing because we love to make music."

If the adage "like father, like child" holds any weight, there's a good chance that the band is paving the way for their children to chase the dream.

"My kids are now asking me more often when they can come to see me play," says Montana. "They grew up listening to classic rock and metal so the past year has been the most pop-punk they've listened to. They really like it, and at least they get to hear us live 3 to 4 times a month when we practice."

Until the day the Dads' kids pick up the musical baton,

Anchorage will have to settle for #DadStuff. Upcoming shows include a set with Antigen and Night City at Koot's on Friday, May 13th and at Williwaw Social Club Saturday, May 21st, with Taking Back Sunday, Mayday Parade, Bad Friday, and DJ Gre.



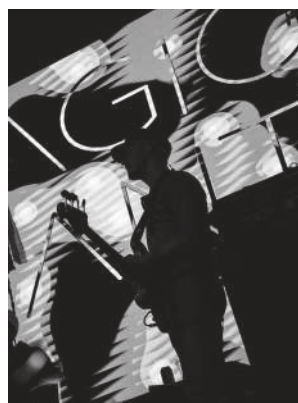
I E Y M I !



MAGIC GIANT



THE JANGLE BEES

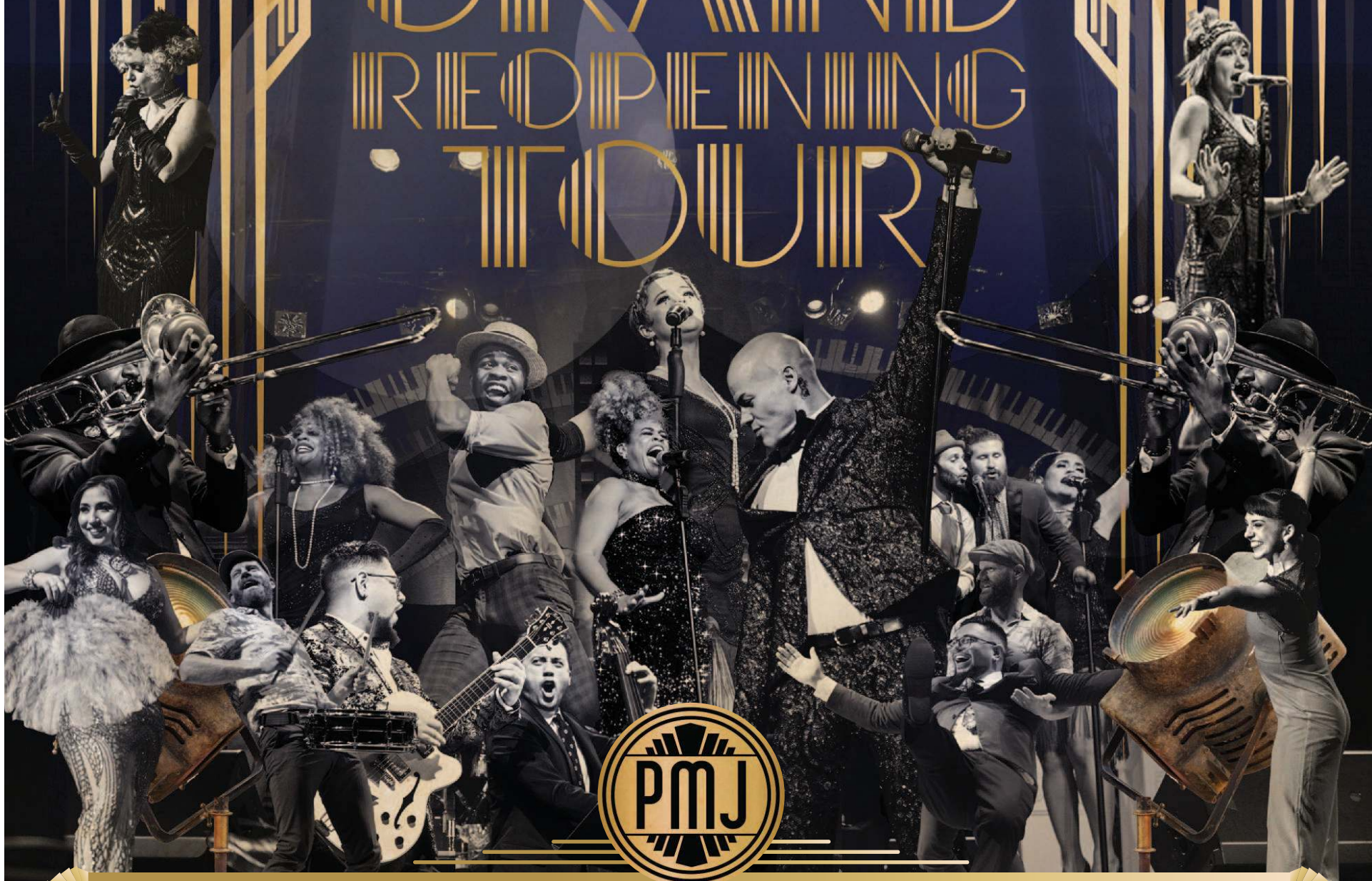


All photos by Shipe Shots
@ShipeShots

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This time-bending musical collective, known for putting pop music in a time machine, is set to make the '20s roar again with the most sensational party this side of The Great Gatsby. Learn more at [anchorageconcerts.org](https://www.anchorageconcerts.org).

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Old Fashioned Americana

Wee B's burgers and fries really deliver

BY RESTAURANT REVIEW
BY JIN CHONG

To me, nothing screams classic Americana like an old-school hamburger joint. Over time, the humble burger has evolved through all manner of cooking techniques and fancy pants ingredients to catapult this national icon into the realm of Michelin-starred dining. But with all the glitz and glamour, it's easy to lose sight of the core essence beneath the shaved truffles and foie gras—the universal allure of meat and cheese sandwiched in a bun.

Burger purists in town should already be familiar with Wee B's, which for years has eschewed modern trappings and culinary excess in favor of keeping it real. And by that, I mean their offerings look to have been transported from an era when coins still held value and an entire family could be fed for less than ten bucks.

There's much to admire about Wee B's traditional approach, but it could all have been nostalgia for the sake of nostalgia if they can't deliver in terms of flavor. So, I thought to examine whether this enduring hold-over of South Anchorage can stand its ground against the ever-increasing tide of burger purveyors.

I opted for their drive-thru with the intent to bring my food home. After all, there's no better venue for unleashing havoc on my waistline than being sprawled out on the couch in baggy sweatpants. Really, all that needs to be said about Wee B's dining area is that it's perpetually in need of remodeling. Honestly, my days are already depressing enough without brooding about in a drab, lifeless environment.

While scoping out their menu, I glanced at their selection of buffalo burgers, which had me curious at first. Bison is much leaner than beef, so I was worried about losing out on flavor by going with the exotic choice and its respective upcharge. But at least these aren't without marketing value, as I can't think of too many places that serve this uncommon protein, except the national chain Fuddruckers.

My wife ordered a standard quarter-pound cheeseburger while I chose one of the "super" variants—the grilled onion cheeseburger. Those wondering what a super burger entails might be disappointed to find the only difference is adding pickles and tomato. I also threw in an order of chili cheese fries to appease my inner fatty. Finally, I was set on trying one of their rotisserie chicken sandwiches but was informed by an employee that they were out of the needed ingredients.

Back at home, I unfurled the greasy wrappers and unlatched the lid encasing the chili cheese fries. Then, I simply sat back and admired the glistening, neon orange glow of nacho cheese cascading over a mound of chili and hot fries. "Liquid gold" is indeed an apt descriptor for this velvety concoction, which provided some depth through an appreciable level of jalapeno heat.

Wee B's fries alone deserve a medal for their outstanding quality. But that shouldn't come as a surprise to anyone who frequents this greasy spoon. By cutting their potatoes daily with the skin on, their fries have an earthiness and raw edge, bringing them to perfection.



These were elevated even further thanks to the warm, fragrant spices of the chili. So it's no surprise that the fries were completely devoured, with a beaten-up plastic fork in the unsightly wake.

The buns might be the signature ingredient to Wee B's burgers, though I found these to garner conflicting reactions. I found them enjoyable for their squishiness and relative sweetness, whereas my wife thought them to be dry and stale. Regardless, I don't think anyone can argue that these didn't hold up structurally as they unsuccessfully contained the mess of ingredients inside.

And what a mess these burgers were. As the creamy, mayo-based sauce had merged with the tomato and burger juices over time to coalesce into a gloppy monstrosity. The sauce presented itself as a thicker version of Thousand Island dressing or Mac sauce with plenty of diced pickles for added zest. It was the glue that held everything together and what played a big role in the overall success of these burgers.

As for the meat? The texture was well seared, loosely ground, and just a tad bit dry. The amount of seasoning felt appropriate given that the meat plays less of a dominant role with this style of burger. There was a nice interplay with the piquancy of the onion, and the other toppings held their own by contributing freshness to contrast the all the beefiness. And if this weren't quite flavorful enough, I could've opted to use the complimentary salt packet thrown in for good measure.



There are many other things to try at Wee B's, from their chicken wings to salads and even fish sandwiches for...the pescatarians? But their lofty signage, a beacon to weary travelers pulling off Old Seward Highway, suggests that their real strengths lie in their burgers and fries.

Wee B's stands out from the competition by embracing the idea that burgers are at their best when pared down to allow the quality of their ingredients to shine. There are no frills here at this old-fashioned eatery—just heartachingly delicious food best consumed at home in your comfiest sweatpants.



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Midnight Sun Brewing celebrates 27 years

BY JAMES “DR. FERMENTO” ROBERTS

This is the 27th time I’ve said this and the 25th time I’ve written it, but happy anniversary, Midnight Sun! So, forgive me if part of this sounds like a broken record.

Midnight Sun started pouring beer in May of 1995. Back then, when a new brewery opened, it was a big deal, and I was always a big beer guy, so I had to be part of it.

At the time, Midnight Sun’s operation was confined to a single industrial bay in an unlikely location on Fireweed Lane. The location was less than ideal with impossible parking, crammed up next door to a taxidermist and across a fenced-in dirt lot where a pet crematorium cooked critters. But it didn’t matter; Anchorage was getting a new brewery, and that was cause for celebration.

In my first iteration of helping get the budding brewery off the ground, I found myself doing a hell of a lot of grunt work. I held boards and screwed sheetrock to the walls. I swept up construction debris. Although I was an unskilled laborer, I marveled about my ability to trade manual labor and a strong back into free beer. Even my liver was happy with the trade, or so I am told.

However, every brewery has trials and tribulations, and Midnight Sun wasn’t granted any special immunity. The brewery vacillated between the red and the black financially as it struggled to find its identity.

So how does an upstart brewery carve out market share with a product in its infancy when most breweries were competing for the same subset of customers? Turns out, that was a harder question to answer than owners Mark Staples and Barb Miller had anticipated. In fact, they almost sold the place several times.

But time passed, and Staples and Miller persevered.

By Midnight Sun’s fifth anniversary on May 5, 2000, the brewery had grown exponentially. “Midnight Sun is now cranking out over 1,000 gallons a week. We now have enough tanks to ferment, condition, and age it,” Staples said in a pre-anniversary interview. “We broke the 1,000 barrel threshold about three years ago, and it’s taken us until now to get close to breaking the 2,000 barrel mark.”

Things were going well, but it was still a struggle, admitted Staples and Miller. The market was robust enough that Portland Brewing Company contracted Midnight Sun to brew beer in twelve-ounce bottles for them. At the time, Portland’s bottling line only accommodated 22-ounce bombers, which were fading in popularity back then.

“The beer made in Portland comes from midnight Sun’s recipe and is brewed with Midnight Sun’s strict specifications. Then, it’s sent right back up here for essentially cheaper than we can produce it locally,” said Staples.

This helped expand Midnight Sun’s market considerably, but not so much in the lower 48. “We’re looking at that,” said Staples, referring to a desire to move into Washington State “big time” in the future. “Still,” he demanded, “our real allegiance is to our own back yard, right here in Alaska, and we won’t let anything get in the way of that.”

But it was in 2001 that Midnight Sun had a fundamental change in philosophy. Things were about to get big.

I’m pretty sure it was Midnight Sun head brewer at the time Gabe Fletcher that said, “the reason we aren’t getting anywhere is because we’re trying to do the same thing everyone else I doing, only better.”

Indeed, the brewery was producing the same beer styles that were common everywhere else. Style redun-

dancy gave beer drinkers a lot to choose from in an increasingly crowded market. Unfortunately, Midnight Sun wasn’t always that choice.

“Looking to the future, the brewery intends to expand its specialty line to include a more or less consistent line of Belgian-style Ales. They also want to develop some super-premium beers and keep pushing the envelope with new and diverse styles as time and capacity permits,” I wrote in my May 10, 2001 article featuring their sixth anniversary.

This became the antithesis of the “if you can’t beat them, join them” philosophy fermenting in the brewing industry. This move became Midnight Sun’s freedom rally. Midnight Sun set out to radically redefine itself through what astute writers would describe as “independent, innovative, cutting edge, and style-defying brews.” To put it in more Midnight Sun-ish terms: the brewery’s transformation produced the wildest, whackiest, biggest, boldest, craziest, and most fun beers that Alaska, and even the rest of the United States, had ever seen. And it wasn’t just the emergence of Belgian-style beers. They were producing some of the most off-the-chart stuff we’d ever seen.

In 2002, Midnight Sun released the first line of Alaska-produced Belgian-style ales. By 2003, they had a distinct line of beers under the side operation Brasserie du Soleil de Minuit. If you’re a true beer history buff, Epluche-Culotte, which survives today as Panty Peeler, is a Belgian-style triple. While Monk’s Mistress, La Maitresse du Moine, was a Belgian-style dark strong ale.

In 2005, to celebrate the brewery’s 10th Anniversary, Midnight Sun released its 1,000th batch of beer — a Belgian style Barleywine that took the beer world by storm. The beer quickly broke rating records, and for collectors, “M” became one of the most sought-after beers in history! Back when it was legal, a bottle of Midnight Sun M sold for an astounding \$1,525 on eBay. So I’m pretty proud of the nine I have left in my private collection.

The brewery was on a roll. In the next few years, Midnight Sun launched a number of epic beer that included The Seven Deadly Sins (2007), The Planet Series of Beers (2008), The Crew Brews (2009), and the 2010 Pop Ten. Each beer was over the top, inspiring, and defining for a brewery that decided that bold is better. Alaskans loved this

MIDNIGHT SUN BREWING COMPANY
27th ANNIVERSARY
FESTIVITIES

5/2 MONDAY
CLOSED

5/3 TUESDAY
PERMESSO ITALIAN PILSNER RELEASE
SUPER MEGA ULTRA AWESOME TACO TUESDAY
ELOTE DIP
BEER DINNER @ CORKS & HOPS IN EAGLE RIVER

5/4 WEDNESDAY
PORT CHILKOOT DISTILLERY'S GIN & TONIC RELEASE
PORK VERDE SPECIAL

5/5 THURSDAY
27 ANNIVERSARY BEER RELEASE IMPERIAL STOUT
RED POSOLE
BIRRIA TACOS

5/6 FRIDAY
BBQ RIBS SOULFOOD SPECIAL
FIRST FIRKIN FRIDAY FEATURING ART BY MALIA SKRILOFF
FIRKIN: 2PUTIN'S PAPER TIGER CONDITIONED WITH BLUEBERRY AND VANILLA

24, 25, AND THE CURSE (by the bottle)



stuff, and so did outsiders. Midnight Sun’s distribution reach extended deeper into the Lower-48 states, stretching the little brewery’s ability to keep up with demand almost to the breaking point.

Midnight Sun made do over the years by successively annexing the connected Arctic Boulevard industrial spaces around it. In trailer court fashion, they kicked out one wall at a time to make more room until they bumped up against the taxidermist to the east and ran out of real estate.

In the summer of 2009, Midnight Sun Brewing Company moved to its current location at 811 Dimond Hook Drive in South Anchorage. Even in the new digs, with the new Loft upstairs serving food, in 2012, they busted the 100 barrel mark with a new tank and acquired warehouse space a half a block away. This added 7,000 square feet for things like grain and other storage. Today, they have a massive oak barrel library of the deep snoozing, big bastard beers their known for.

By 2016, things had accelerated at a cyclonic pace. “The 5,000th batch caught us by surprise,” said former Midnight Sun’s Beer Ambassador, Darcy Kniefel. “We brewed the 1,000th batch and missed the 2,000th. Then we brewed the 3,000 batch and missed the 4,000th because we were so busy cranking out beer. We were sitting around thinking and said, ‘hey, our 5,000th batch might be coming up.’ Mark Staples, one of the co-owners, got to thinking and said ‘hey, that’s this week,’” says Kniefel of benchmark almost slipping by.

Midnight,
continued on page A16

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PRESSIFIEDS

Super Crossword

NATION NOTION

ACROSS

- 1 Sore
4 Under the ocean
10 "Get what I'm sayin'?"
15 Store
19 Prior to, to poets
20 Gopher's job
21 Gut bacterium
22 Dana Perumes fragrance
23 Person born in early October in Benghazi?
25 Family car in Khartoum?
27 Eddie — (leisurewear chain)
28 Carrere of the screen
29 Rock concert booster
30 Make furious
31 Silky cat in Luanda?
34 Beyond city limits
37 Merit badge displays
38 Kazan of filmmaking
39 It precedes omega
40 Clear-minded
41 Lead-in to history

- 44 Chess ploy in Banjul?
47 Ballroom dance in Apla?
53 Ency., e.g.
54 Ancient Central Americans
55 See 112-Down
56 Italian "my"
57 Russia's Alexis I, e.g.
59 Envy, e.g.
60 Dark-haired man in Bandar Seri Begawan?
63 Lumber tool
65 Former Oriole Ripken
68 Extremist
69 "Delta Dawn" singer Tucker
71 Pathologist's study
74 Long time
75 Mo. in which fall starts
77 Doc in Tijuana?
79 Cinch — (trash bag brand)
81 "Keep this in"
83 Do a fist bump
84 Scandal-ridden company of 2002

- 85 Japanese brew
88 Old TV's "— Na Na"
89 Tropical devil ray in Valletta?
91 Sleeping garment in San Miguelito?
95 Orig. copies
96 Well out of range
97 Precept
98 Is the right size for
100 "That made no sense to me"
106 People rattling things off
108 Engaged guy in Marseilles?
111 Actress Saoirse
112 Long time
113 Hip-hop producer
114 The Beatles' "I — Walrus"
115 Buyable apartment in Brazzaville?
118 Fish eggs in Barcelona?
120 Wine city in California
121 — a million

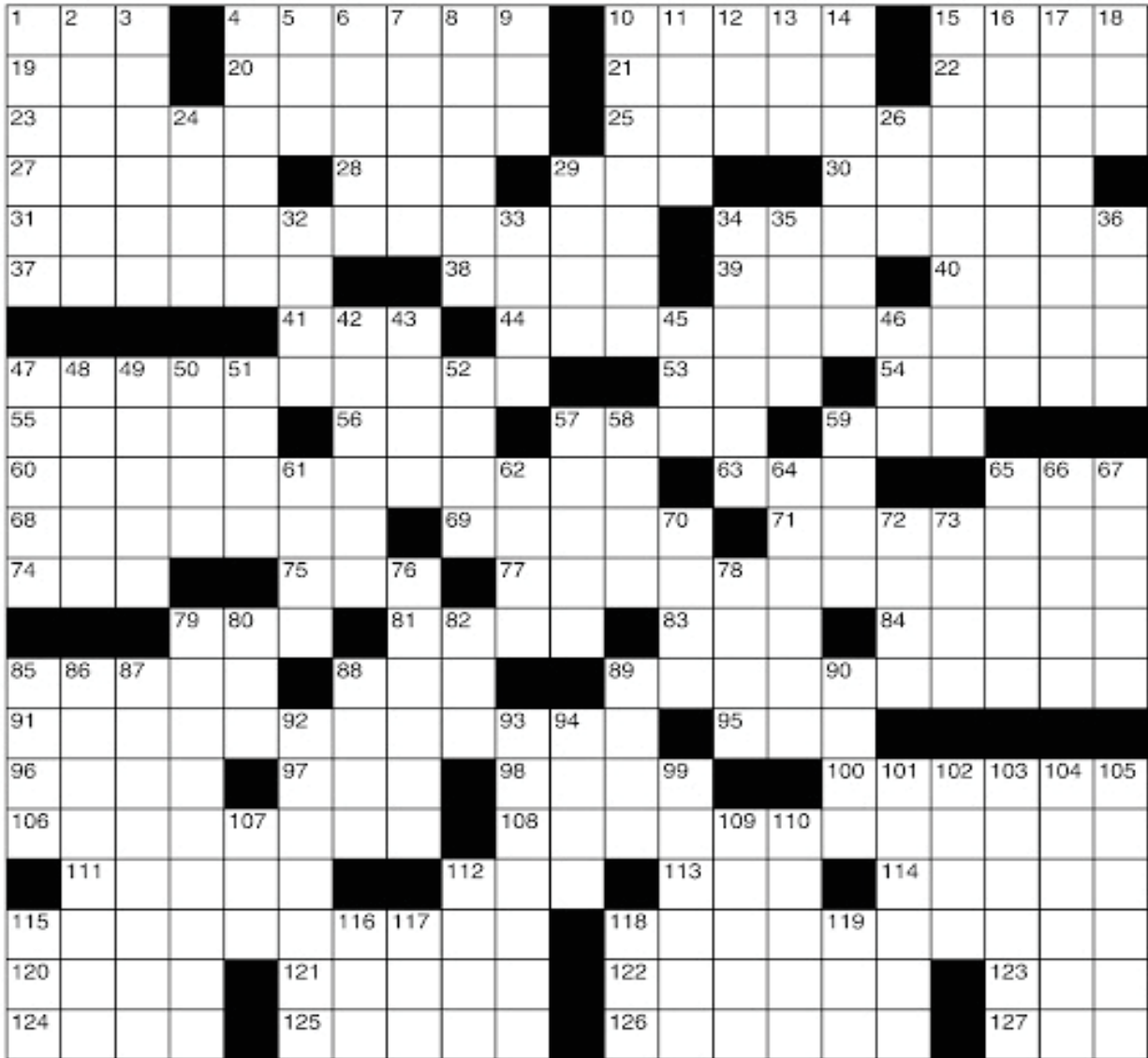
- 122 Secret recorder disguised as a writing instrument
123 — gow poker
124 Supermodel from Somalia
125 "Check," to a card player
126 Motown's Franklin
127 Lingo suffix

DOWN

- 1 Peach — (desserts)
2 Singer Grande
3 Cleans up, as software
4 NutraSweet developer
5 Website ID
6 Water filter brand
7 Polio studier Albert
8 Make furious
9 Oklahoma city
10 Polite reply to a lady
11 Coffee pod
12 Drift (off)
13 Pay add-on?
14 Hits the jackpot
15 Piloting guy
16 Gave birth
17 Enthusiasm for Barack

- 18 Word-wit bit
24 Michelle of "Crazy Rich Asians"
26 Erwin of film
29 Opera opus
32 Some vipers
33 Korbut of gymnastics
34 Secretive viewers
35 B-52 org.
36 Ensnares
42 Meander
43 Arabian ruler
45 Half a bikini
46 Gallic pal
47 Native-born Israeli
48 "What —" ("Ho-hum")
49 Harold's film partner
50 Dodge of old
51 "Hang on —"
52 Boxing event
57 Precept
58 Hades river
59 Go like a fish
61 "May — a favor?"
62 Personal ID
64 Takes in
65 — terrier
66 Dressy tie
67 Pop singer Lewis
70 Verdi's slave
72 With 90-Down, appear that
73 Writer Ferber

- 76 Dismissive remarks
78 Not panicky
79 Partaking of with others
80 Aspiration
82 — Mahal
85 On — with
86 Space that's invulnerable to attack
87 Large boa
88 Joust verbally
89 — Hari
90 See 72-Down
92 Lace town WSW of Paris
93 Willful insult
94 Sorvino of the screen
99 Potshot taker
101 Heavy vapor
102 Genie houser
103 Like early audiobooks
104 Unstressed vowel sounds
105 — -weenie
107 Chinese ideal
109 Large wader
110 Kick out
112 With 55-Across, she eloped with Ernie Kovacs
115 Caesar's 151
116 Artist Yoko
117 Mo. neighbor
118 Jacuzzi site
119 "Nope"



LEGALS

5031 Eagle Street, LLC doing business as Eagle Street Plant, located at 5031 Eagle Street, Unit C, Anchorage, Alaska 99503 is applying under 3 AAC 306.045 for transfer of controlling interest in a Standard Marijuana Cultivation Facility (3 AAC 306. 400 (a)(1)), license #26609. The transfer involves a change in ownership percentage from Christopher N. Hayes 15%, Daniel H. Clift 24% and Robert E. Clift 61% to John Youse 70% and Tyler Russell 30%.

Interested persons may object to the application by submitting a written statement of reasons for the objection to their local government, the applicant, and the Alcohol & Marijuana Control Office (AMCO) not later than 30 days after the director has determined the application to be complete and has given written notice to the local government. Once an application is determined to be complete, the objection deadline and a copy of the application will be posted on AMCO's website at <https://www.commerce.alaska.gov/web/amco>. Objections should be sent to AMCO at marijuana.licensing@alaska.gov or to 550 W 7th Ave, Suite 1600, Anchorage, AK 99501 and Attorney Jana Weltzin, Esq. At jana@jdwccounsel.com or JDW, LLC, 901 Photo Avenue, Second Floor, Anchorage, AK 99503. Anchorage Press Publish Dates 5/05/22, 5/12/22, 5/19/22

The Wedge Corp, dba The Rock Wood Fired Pizza & Spirits located at 3401 Penland Parkway, Anchorage, AK 99508 is applying for transfer of a Beverage Dispensary AS 04.11.090 liquor license to No Premises. Interested persons should submit written comment to their local governing body, the applicant, The Law Offices of Ernouf & Coffey, P.C. At P.O. Box 212314, Anchorage, Alaska 99521 and to the Alcoholic

LEGALS

Beverage Control Board at 550 West 7th Ave. Suite 1600 Anchorage AK 99501 or alcohol.licensing@alaska.gov. Anchorage Press
Publish Dates 5/05/22, 5/12/22, 5/19/22

Baker Industries, LLC, doing business as Piece of Mind Alaskan Cannabis, located at 221 E. 5th Avenue, Anchorage, Alaska 99501, is applying under 3 AAC 306.045 for transfer of a Retail Marijuana Store (3 AAC 306.300), license #10975 to 9 ¾ Enterprises, Inc. DBA Piece of Mind Alaskan Cannabis. Interested persons may object to the application by submitting a written statement of reasons for the objection to their local government, the applicant, and the Alcohol & Marijuana Control Office (AMCO) not later than 30 days after the director has determined the application to be complete and has given written notice to the local government. Once an application is determined to be complete, the objection deadline and a copy of the application will be posted on AMCO's website at <https://www.commerce.alaska.gov/web/amco>. Objections should be sent to AMCO at marijuana.licensing@alaska.gov or to 550 W 7th Ave, Suite 1600, Anchorage, AK 99501 and Attorney Jana Weltzin, Esq. At jana@jdwcounsel.com or JDW, LLC, 901 Photo Avenue, Second Floor, Anchorage, AK 99503. Anchorage Press
Publish Dates 5/05/22, 5/12/22, 5/19/22

R & K Enterprises, LLC dba Kim's Cuisine located at 12400 Old Glenn Highway Suite 3, Eagle River, Alaska 99577 is applying for transfer of a Restaurant/Eating Place AS 04.11.100 liquor license to Blueberry Kim, LLC dba Kim's Cuisine located at 12400 Old Glenn Highway Suite 3, Eagle River Alaska 99577. Interested persons should submit written comment to their local governing body, the applicant, and to the Alcoholic Beverage Control Board at 550 West 7th Ave. Suite 1600 Anchorage AK 99501 or alcohol.licensing@alaska.gov Anchorage Press
Publish Dates 4/28/22, 5/05/22, 5/12/22

Astrology, from page A6

SCORPIO (October 23-November 21)
“My heart has developed a kind of amnesia, where it remembers everything but itself,” writes Scorpio poet Sabrina Benaim. If you suffer a condition that resembles hers, it’s about to change. According to my astrological analysis, your heart will soon not only remember everything; it will also remember itself. What a blissful homecoming that will be—although it may also be unruly and confounding, at least in the beginning. But after the initial surprise calms down, you will celebrate a dramatic enhancement of emotionally rich self-knowledge. You will feel united with the source of your longing to love and be loved.

SAGITTARIUS (November 22-December 21)
“Just because things hadn’t gone the way I had planned didn’t necessarily mean they had gone wrong,” writes Sagittarian author Ann Patchett. Her thought may be helpful for you to meditate on. My guess is that you will ultimately be glad that things didn’t go the way you planned. God or your Higher Self or the Mysterious Forces of Destiny will conspire to lead you away from limited expectations or not-big-enough visions so as to offer you bigger and better blessings.

CAPRICORN (December 22-January 19)
Novelist Jane Austen (1775–1817) confessed she was a “wild beast.” Really? The author who wrote masterfully about the complex social lives of wealthy British people? Here’s my theory: The wild beast in her made her original, unsentimental, humorous, and brilliant in

creating her stories. How is your own inner wild beast, Capricorn? According to my reading of the astrological omens, now is an excellent time to give it fun, rich assignments. What parts of your life would benefit from tapping into raw, primal energy?

AQUARIUS (January 20- February 18)
Aquarian poet Jack Gilbert wrote, “I lie in the dark wondering if this quiet in me now is a beginning or an end.” I don’t know how Gilbert solved his dilemma. But I suspect you will soon be inclined to pose a similar question. In your case, the answer will be that the quiet in you is a beginning. Ah! But in the early going, it may not resemble a beginning. You might be puzzled by its fuzzy, meandering quality. But sooner or later, the quiet in you will become fertile and inspirational. You will ride it to the next chapter of your life story.

PISCES (February 19-March 20)
The genre of poetry known as haiku often relies on unexpected juxtapositions. Critic R. H. Blyth observed, “In haiku, the two entirely different things that are joined in sameness are poetry and sensation, spirit and matter.” I suspect your life in the coming weeks will have metaphorical resemblances to haikus. You will be skilled at blending elements that aren’t often combined, or that should be blended but haven’t been. For inspiration, read these haikus by Raymond Roseliep. 1. in the stream / stones making half / the music. 2. horizon / wild swan drifting through / the woman’s body. 3. birthery! / the stars / are all in place. 4. bathwater / down the drain / some of me. 5. grass / holding the shape / of our night. 6. campfire extinguished, / the woman washing dishes / in a pan of stars.

Midnight, from page A14

More recently, its been a challenge coming out of COVID. However, marketing director Grant Deussing is on a mission to celebrate the milestones; “It’s one of those transitional years. We’re not going as big in terms of a celebration [on May 5]. We’re having a little smaller, more intimate celebration for everyone here and our local patrons. In the past years, it was ‘go big and bold.’ This year, it’s smaller, given the hurdles,” says Deussing.

But that doesn’t mean the party won’t be worthy of note — it just won’t be the huge beer-filled party I was hoping for.

“We’re releasing our anniversary beer, ‘27’ on Cinco. It’s an imperial stout that’s aged in port and cognac barrels. You want big? It weighs in at 13 percent alcohol by volume, and it’s one big, bad, bold imperial that’s not too sweet, and made with a combination of honey malt and Special B that balances out the roast qualities,” says Deussing of 27.

Other stuff to look for when you join Midnight Sun in the celebration include Putin’s Paper Tiger. Although it’s not an anniversary beer. Deussing describes it as an “anti-Kremlin” imperial stout. A special blueberry and vanilla version will be released on First Firkin Friday in the loft on May 6. A lighter Permeso Italian Pilsner has already been released.

Midnight Sun’s expanding its special relationship with Port Chilkoot Distillery in Haines with the release of Port Chilkoot Gin and Tonic on May 5, the brewery’s actual anniversary. This ready-to-drink craft cocktail will join 50 Fathoms Cucumber Cooler, 50 Fathoms Bee’s Knees, and Icy Strait Moscow Mule, three other Port Chilkoot brews packaged by Midnight Sun and already in the market.



Get down to Midnight Sun and give a nod to Alaska’s biggest, boldest, bad-assed heritage brewery that will continue to define Alaska beer attitude for years to come.

Super Crossword

Answers																								
D	S	T		A	W	L		T	O	P	A	Z		F	L	E	A	B	A	G				
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				E	D	S		H	I	S				N	O	K	I	A						
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I	N	E	X	I	L	E		Y	E	A	R	S			Y	D	S		O	I	S			

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Alaska’s water crop is a natural resource

As much of Alaska’s landmass crosses the magical temperature threshold that turns ice and snow into water, it’s time to consider the state’s richness in a resource more essential to humans than oil or gas. Clear as gin, brown as iced tea or tinted aquamarine by glacial dust, Alaska’s freshwater supply is so abundant the numbers are hard to comprehend.



NED ROZELL

“With an annual runoff of 650 million acre-feet (plus 150 million acre-feet inflow from Canada) Alaska has about one-third the total . . . of the entire United States,” wrote Charles Hartman and Philip Johnson, editors of the 1978 Environmental Atlas of Alaska. An acre-foot equals 325,851 gallons, the amount of water it takes to cover 1 acre to a depth of 1 foot.

Those numbers include the outflow of the nation’s third-longest river — the swelling and soon-to-break-out-of-its-icy-shell Yukon, which by itself drains one third of the land mass of Alaska.

The writers of the environmental atlas also pointed out that Alaska has 94 freshwater lakes with a surface area of 10 square miles or more.

Iliamna Lake attracts red torpedoes of sockeye salmon up the Kvichak River in southern Alaska. It is 988 feet deep, spreads over more than 1,000 square miles of the Alaska map and is America’s 10th-largest lake.

Becharof Lake — which I had to look up despite the fact that it almost cuts the Alaska Peninsula in half — is the 14th largest lake in the country, just after Lake Champlain (which I did not have to look up, because I grew up in New York).

Apologies to Minnesota, but Alaska license plates could read “Land of 3 million lakes.” A vast majority of those dark-water basins are unnamed.

True, most of Alaska’s lakes aren’t so good for swimming; swamps surround them and mosquitoes lord over them. But billions of songbirds are now



PHOTO BY NED ROZELL

The Tanana River, about 550 miles long, is one of the great waterways of Alaska.

on their way to feast there, where few people dare to venture.

Alaska has more water stored in glaciers than anywhere outside of Greenland and Antarctica. If you could airlift Alaska’s thousands of glaciers and set them down on top of Maine, that state would very much resemble Greenland — an ice cap circled by a thin ring of rock.

Each summer, Alaska’s glaciers raise the level of the planet’s oceans with staggering amounts of meltwater, unlocked after hundreds and thousands of years as blue ice. That liquid is one of Alaska’s underrated resources.

Water, contined on page A20



Marketing Consultant Full Time

Do you enjoy business to business marketing ?

The successful candidate will have a working knowledge of Microsoft Office and G Suite. Marketing Consultants are responsible for initiating and closing sales, data entry and submitting creative materials to our graphic design team. Excellent attention to detail, customer service, time management and organizational skills are critical to being successful in this position. This full-time position will pay DOE plus commission and Benefits with opportunity for advancement.

If you meet our minimum qualifications, and are enthusiastic about working for a team-oriented company with a strong commitment to community, please email resume and references to publisher@anchoragepress.com or apply in person at the Mat-Su Valley Frontiersman or the Anchorage Press office.

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Karmen Staveland

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(907)277-0404

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Sunday 12:00 noon to 5:00 pm
2friendsgallery.com

CANNAGUIDE

YOUR MAP TO ANCHORAGE'S DANK SIDE



Alaska Cannabis Exchange
2906 Spenard Road
(907) 301-4208
Joints are 20% of Monday



King Street Cannabis Company
8430 Laviento Drive
(907) 522-5464
Text "King" to 1-844-983-4042 to receive specials

Cannabliss
2001 E 5th Ave
(907) 770-8940
Denali Dispensaries
225 E 5th Ave
(907) 646-4200



Cold City Cannabis
1210 E 70th Ave
(907) 222-9988
\$10 Birthday Discount



House of Green
3105 Minnesota Dr
(907) 929-3105
1.5g "Fat Boy" Prerolls



Uncle Herb's - Arctic
6511 Arctic Spur Rd
(907) 561-4372
Open 8am - 11pm Daily

Uncle Herb's - Boniface
360 Boniface Pkwy
(907) 561-4372
Open 8am - 12pm Daily



Cloudberry Cannabis
3307 Spenard Road
(907) 644-3010
Voted Best of Weed Maps
Budtender's Choice \$40
1/8ths on Friday



Catalyst Cannabis Co. Old Seward Hwy
9900 Old Seward Hwy
(907) 344 - 0668
Buy 3 Edibles, Get 4th for a 1¢ on Friday

Catalyst Cannabis Co. Muldoon
317 Muldoon Rd
(907) 222 - 6847



Meta-Analysis: Youth Cannabis Exposure Not Associated with Changes in Brain Morphology

By NORML

Canberra, Australia: Cannabis exposure is not associated with significant changes in brain morphology in young adults, according to a meta-analysis of neuroimaging studies published in the journal Cannabis and Cannabinoid Research.

A team of Australian researchers reviewed sixteen studies in order to assess whether cannabis exposure is associated with changes in brain volume. The review samples included 830 participants with a mean age of 22.5 years old. Of these, 386 were marijuana users (with cannabis use onset at 15-19 years) and 444 were controls.

Researchers identified no significant differences between youth cannabis users and controls in global and regional brain volumes.

"This meta-analysis of structural MRI findings specific to youth regular cannabis users suggests no volume alterations, and no effect of age and cannabis use level on group differences in volumetry," authors concluded. "Important areas for future work include measuring and embracing the role of cannabis potency, pubertal stage, and personal (and parental) education, to identify which brain maturation stage is most vulnerable to cannabis-related brain and mental health/wellbeing. New knowledge will be necessary to provide clear recommendations for preventive interventions targeting youth at risk and update addiction theory with novel mechanistic insights into neurodevelopment."

Full text of the study, "Brain anatomical alterations in young cannabis users: A meta-analysis of structural neuroimaging studies," appears in Cannabis and Cannabinoid Research. Additional information is available from the NORML fact sheet, 'Marijuana Exposure and Cognitive Performance.'

HAPPY MOTHER'S DAY

UNCLE Herb's

ANCHORAGE • HOMER • ALASKA

Illustration by IO Cups of Tea

MoGos

Citrus Variety Pack
• Grapefruit • Lemon • Orange

Try Our Solstice which is peach, raspberry, and lime!
10 servings/50mg of THC total

(1) "Marijuana has intoxicating effects and may be habit forming and addictive." ; (2) "Marijuana impairs concentration, coordination, and judgement. Do not operate a vehicle or machinery while under its influence." ; (3) "There are health risks associated with consumption of Marijuana." ; (4) "For use only by adults twenty-one and older. Keep out of reach of children." ; (5) "Marijuana should not be used by women who are pregnant or breast feeding" ... (1) "Marijuana has intoxicating effects and may be habit forming and addictive." ; (2) "Marijuana impairs concentration, coordination, and judgement. Do not operate a vehicle or machinery while under its influence." ; (3) "There are health risks associated with consumption of Marijuana." ; (4) "For use only by adults twenty-one and older. Keep out of reach of children." ; (5) "Marijuana should not be used by women who are pregnant or breast feeding" ... LICENSE # 10903

Balancing Act

Dear Oskar,
I am a mother of two young children, a wife, an employee, a daughter, a friend, and so on. How do I balance the multiple parts of myself?

Sincerely,
Needing some balance!



ASK OSKAR BY
OSKAR SAVILLE

Dear Needing some balance,

Welcome to life! What a beautiful universal dilemma to have so much abundance. How do you make time for it all? The simple answer is: You do, and you don't.

Society tells us that if we keep up with the Joneses (or the Kardashians), we will be rewarded with the perfect happy life. I mean, all anyone has to do is look at some social media outlet, and instantly they'll be

able to feel the inferiority complex that somehow they aren't getting it right or doing enough. I certainly bought into all that insane thinking for most of my life. I tried to do everything all the time: be a friend, a worker, a daughter, a sister, a bill-payer, a cook, a cleaner, a partner, and eventually a parent all at once. Yet, I constantly felt like a failure.

One day, my husband found me weeping on our kitchen floor with a cookbook in my hands. "What's wrong?" he asked. I pointed to the book, which was about how to make the perfect nutritious meal for your toddler and young child. It had stunning pictures and made everything about prepping and cooking seem so simple. I cooked for my family

what I (now) know were lovely meals, but looking over the perfectly prepared vegetables on those pages, I *lost it* and went down another rabbit hole of feeling like a failure and not being enough. That night and most nights, I would drop down in my bed, go through all the details of my day, and mark where I had failed to be perfect. I would promise myself I would do better the next day, only to find that I had failed again the next night.

I kept pushing for this perfect life when (luckily) I had my first miscarriage, and I finally broke down. The golden idol of perfection smashed before me, and I was forced to face myself or continue with my painful life—which didn't even include great underwear that fit me! I asked myself a very simple question: What was at the core of what I really wanted in life? The answer was connection! My balancing/getting it right dilemma had become about fitting in everything and everyone so that my life could look good from the outside, which would give me happiness on the inside. It was all backward!

After some soul searching, I realized I had agency over my life. It felt like a bold move to make my own rules, but losing that child helped me realize how fragile life really was. I finally got that life is the most precious gift, and I wanted a life with connection, not just being—or even looking—perfect. It was *my* precious life, not anyone else's, and I would live it according to what was right for *me*.

So now, I start each day with 15 minutes of meditation and then a prayer to guide me towards a day full of love and service. After that, I get out my metaphorical balancing scale. The counterweights that always go on the left side are flexibility, acceptance, appreciation, laughter, self-love, connection, and compassion.

These attributes give all the counterweights on the right side meaning because a life without meaning is not a life I can live. On the right side, I put the weights I need for that day and that day only. I consider all the things I want and need to do, such as looking after my kids, working, connecting to

loving people, being a friend, cooking, taking care of my home, and finding joy.

I make a mental note of things that I **HAVE** to do on that day—like a big deadline or an event for my kids. Those weights are heavier than the others. Then I look at the other things I have for the day: relationships, exercise, laughter, work, and so on, and I assign them weights for that day and that day only.

I try to live within 24 hours because it helps me acknowledge that life should be taken only one day at a time. That means I must be flexible about how things happen. Sometimes, if I want to exercise and connect with my friends or family, I must do them at the same time—I might ride my bike and talk to the people on the phone all at the same time. Or maybe to ensure my day has joy and pleasure, I will cook with my headphones on, listening to music and dancing while I stir my rice. There are days when I bike to school instead of taking the subway because I want to get in my exercise. It's my puzzle to put together any way I choose—there is no "wrong way" for me to do the things I want to experience in my life. I

Of course, life is life, and sometimes it snows in the middle of a sunny day, or one of my kids might bust their head open or come down with the flu. Maybe a friend desperately needs me, a client needs a session immediately, or some other kind of normal REAL life happens. I used to become overwhelmed when the plans of my perfect day fell apart, but not anymore because I have my counterweights for that. Flexibility reminds me that I can change with life. Laughter can remind me that my world has not crumbled. Compassion helps me when I break down and cry because I took too much on. And connection reminds me to stop and connect to my breath and reach out to a friend to acknowledge I am not alone. Lastly, appreciation reminds me that this IS life and what a gift it is.

Now when I go to sleep at night, I reflect on the joys of my day. I am able to remember the hugs and kisses with my kids, how we laughed at dinner (so what if the chicken wasn't perfect?), the conversation with another human that made me think in a new way, the flowers I saw on the street, and my comfy bed. My life does not look like the perfect Instagram feed, nor do I always get to do everything I want. But my relationship with myself is real, and so are my relationships with the people in my life. For me, that's the goal of a balanced life.

ANCHORAGE CLAY ARTS GUILD

Mother's Day
POTTERY
Pop-Up!

SATURDAY: 10 am - 4 pm
Local Artists
MAY 7, 2022

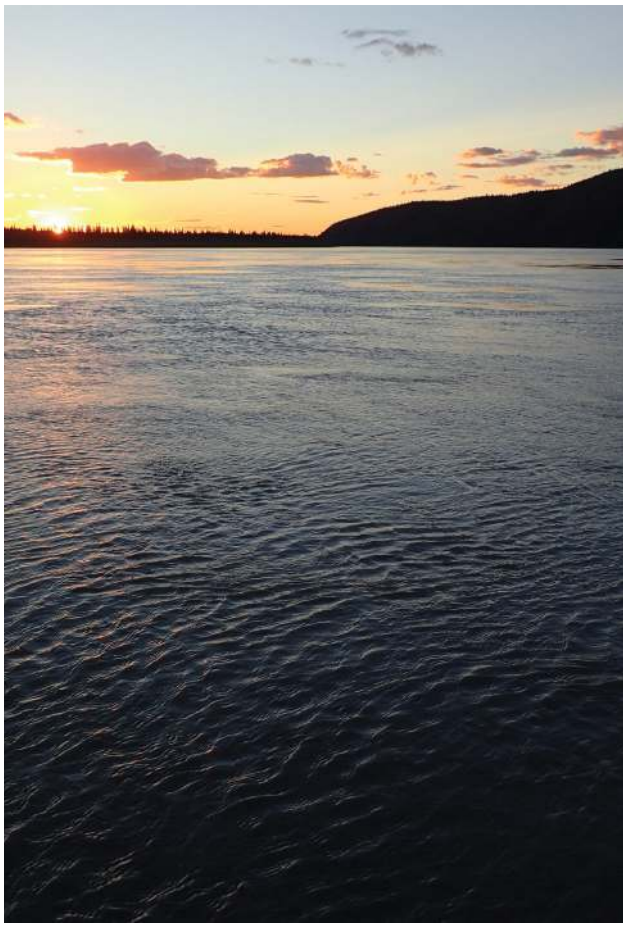
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The Yukon River flows toward Circle, Alaska. Two-thirds of all the flowing water in Alaska makes its way into the Yukon.



PHOTO BY NED ROZELL

The author's dog Cora rides a canoe on the Yukon River. Two-thirds of all the flowing water in Alaska makes its way into the Yukon.

Water, from page A6

“Alaska has a tremendous water crop,” Hartman and Johnson concluded in their report 44 years ago. “Essentially none is used at present.” An entrepreneur once tried to remedy that. During his second term as Alaska governor in the 1990s, Wally Hickel proposed exporting some of Alaska’s freshwater to California. He envisioned an undersea pipeline that would carry water from either the Stikine River in Southeast Alaska or the

Copper River near Cordova to California. That pipeline would have been more than 1,400 miles long (compared to the 800 miles of the trans-Alaska pipeline). Most thought the idea was nutty, but members of the U.S. Congress Office of Technology Assessment gathered in Los Angeles in 1991 to see if the pipeline was feasible. Gov. Hickel attended that meeting. In the end, the assessors concluded that the Alaska water pipeline was too costly an option to relieve California drought. But they noted that a warming climate — then being noticed by sci-

entists — might in the future cause more water crises in the West. “Although there is no current or near-term demand for expensive water from Alaska, the possibility that such water might eventually be needed cannot be completely dismissed,” they wrote. Since the late 1970s, the University of Alaska Fairbanks’ Geophysical Institute has provided this column free in cooperation with the UAF research community. Ned Rozell is a science writer for the Geophysical Institute.

May First Friday

May 6th, 2022

428 G St.

2 Slices and Pint for \$13.50

- or -

Slice, Side Salad and Pint for \$14.50

11am-11pm

1. Tundra Herb Company - 520 W 6th Ave., Ste. A (9am-11:55pm)

2. Pangea - 508 W 6th Ave. (11am-10pm)

3. Blush Boutique - 720 D St., Ste. C (11am-6:30pm)

4. Anchorage Museum - 625 C St. (6-9pm)

5. Apricot Lane Boutique - 5th Avenue Mall, #244 (4-7pm)

6. IGCA - 427 D St. (5-8pm)

7. Sara's Gift Cache - 408 W 4th Ave. (12pm-8pm)

8. Kaffee Klatsch - 508 W 2nd Ave. (8am-8pm)

9. Sevigny Studio - 312 G St. (10am-9pm)

10. Tiny Gallery - 706 W 4th Ave. (4-8pm)

11. Aurora Fine Art - 737 W 5th Ave., Ste. E (12pm-8pm)

12. Stephan Fine Arts - 939 W 5th Ave. (6-8:30pm)

13. Captain Cook Coffee Cubby - 939 W 5th Ave. (6-8pm)

14. Snow City Cafe - 1034 W 4th Ave. (5-7pm)

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